



VOL VII No. 10

Naval Hospital, Orlando, Florida

1 September 1984

Frocking ceremony - 27 August

A great Navy day for new Lieutenants!



LT Elizabeth Passen
Head
Social Work Department



LT Steven F. Binnall
Head
Operating Management



LT Diana Mitts-Carcavallo
Head
Inpatient Administration
Division



LT Virgil Hibbs
Home, APEB



LT Francine Hessler
Head
Facilities Management
Department



LT Jeffrey Cohen
Head
Fiscal Division



LTJG Marilyn Mangum, NC, was on leave
at the time of the ceremony and will
be frocked at a later
date.

Miss Florida and Company

On 3 August, Miss Florida stopped by to visit the patients and staff of Naval Hospital Orlando. She was accompanied by (left to right): Jan Dougherty, Chaperone; Karen Watson, Miss Alachua County; Lisa Lorenze, Miss University of Central Florida; Lynn Drawdy, Miss Collier County; Nancy Wright, Miss Bay Area; Jill St. Pierie, Miss Palm Beach County; LCPL Templeton, driver; Monica Farrell, Miss Jacksonville, and Lisa Valez, Miss Florida.

U.S. Navy Photo

Retirement Ceremony

On 30 August, Hannah R. Shavell, Fiscal Division, retired after completing over 20 years of Federal service. Mrs. Shavell, an Accounting Technician, has been an employee of the Naval Hospital since 1976. CAPT Zel presented her with a Letter of Commendation and her Retirement Certificate and Pin.

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CDR Murphy honored

CDR Michael K. Murphy, MC, Head, Family Practice Department, was honored on 23 August when he was presented the Navy Commendation Medal by CAPT Zel. CDR Murphy also received the Naval Hospital Orlando plaque. He was transferred on 30 August to Naval Hospital, Pensacola.

American Red Cross**Volunteer hours****for July - 1,904 1/2****Total for year - 17,045 1/2****Vital Signs' Staff****Editor:**

HMCM J. W. Phillips, USN

Managing Editor:

Mary V. Van den Heuvel

Nursing Services Coordinator:

LTJG Marilyn L. Mangum, NC, USNR

Steth-o-Scoop Reporter/Photographer:

HMI Dennis M. Downey, USN



Master Shipwreck

HMCM(SS) R. C. Clements, USN

Our flag

I guess it has been almost five or six years since the Navy Band Orlando started coming to the Hospital to play for our morning colors ceremony on Thursdays. Morning colors, evening colors or any ceremony involving the flag, are very emotional ceremonies for me ... they really bring out the patriotism in me. Our flag and our country have been through a lot together since 1777. The flag has been an inspiration to patriots; a symbol for our fighting men; an important part of our patriot holidays; and an integral part of every military base and Naval ship around the world. Because we see it every day, I think we take it for granted ... except on Thursdays or when we have the duty and serve on the Color Guard. When you stand there, saluting proudly, with the strains of the National Anthem creating a little tingling sensation up and down your spine, watching the breeze ripple those stars and stripes, what do you think about? Sometimes, I think about it going up, at the same time, at every Naval installation on the East Coast and wonder how many other commands have the opportunity and privilege to have a Navy Band play colors for them. Those who do not, are missing an exciting experience.

These Thursday morning ceremonies are special I thoroughly enjoy them and it makes me very proud to be able to share them with my shipmates. But, we could always use more shipmates out there! Next time we gather to render honors to our flag, with the Navy Band Orlando filling the air with stirring music, come on out front ... and ... BRING A SHIPMATE WITH YOU!!!!



Did you know . . .

... that 1984 is the Year of the Secretary? And, did you know that secretaries can earn the Certified Professional Secretary (CPS) designation? A staff member, Peggy Heacock, Fiscal Division, was among the 1,138 international secretaries who earned the CPS designation this year. In order to receive the designation, each secretary must pass a two-day, six-part examination and fulfill certain work and educational requirements. To realize the importance of this outstanding achievement, you must consider that the Institute for Certifying Secretaries started this program in 1951, and only 18,395 secretaries, worldwide, have been able to earn this designation. We extend our heartiest congratulations to Peggy Heacock, CPS! If anyone would like further information about the CPS program and the Institute for Certifying Secretaries, please call Peggy at Ext. 4269.



Peggy Heacock

Reenlistment

HM1 Edward Hooker, Manpower Management Dept., reenlisted on 3 August for two more years. CDR M. L. Pratt, Laboratory Officer, served as the reenlistment officer.



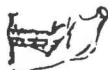
Petty Officer Hooker has been at this command since April 1983 and hails from Chicago, Illinois.

Just

A

Word from the
Skipper

CAPT A. Herr, DC, USN



Command Master Chief's

"Doc" - 9 - Line

HMCM J. W. Phillips, USN

Money problems?

Most military families have financial problems, regardless of rate, rank, income and life style. Limited income, steadily increasing prices, and unlimited desires for the good things of life contribute to financial problems. Poor money management practices are equally important reasons for financial problems. Such practices further reduce a family's ability to satisfy its needs from available income. Simply increasing the level of income does not solve the problem. Increased income leads to a drive to improve the standard of living; it does not change habits or patterns of overspending.

Improving the quality of your life depends on more knowledge, and competent and appropriate consumer behavior. Many of us lack the skills and understanding necessary to obtain the best quality of life from the financial resources available to us. Can we develop the skills and understanding to gain satisfaction in the marketplace? Yes, it can be gained by educating ourselves.

Here are a few sources of obtaining this type of education in the Orlando area: (1) Consumer Protection Agencies offer consumer advice and guidance; protection against unfair trade practices; processing and investigation of consumer complaints; referral services. (2) Better Business Bureau offers consumer resource services; complaints and investigations. (3) Navy Relief Society and Family Services offer free financial management guidance and credit counseling. (4) Navy Legal Services offers free legal assistance to active duty and dependents on "as available" basis. (5) American Red Cross and Navy Relief Society offer emergency financial assistance to meet basic needs. (6) Navy Orlando Federal Credit Union offers free financial management guidance and credit counseling to members. Knowledge - will make for a better bottom line.

For the Skipper

As you all know, our Commanding Officer was recently hospitalized here and is presently on a period of convalescent leave. In the interim, I am serving as Acting CO and find that I have very large footsteps to follow.

Since taking over command of Naval Hospital Orlando, CAPT Herr has tried to achieve one goal -- making this command the best Naval hospital in the world. Considering the fact that the CO is a dentist, with little experience in hospitals, he has brought this command a long way toward achieving his goal. Needless to say, all of this would be impossible without the support of the staff. Following the IG (Medical) visit and RADM McDermott's visit, the CO was proud of their comments regarding the outstanding professionalism, courtesy and military bearing of the staff of this hospital. Naval Hospital Orlando has a superb reputation among the active duty and retired population we serve. The letters of appreciation and compliments from our patients attest to this fact.

During the CO's absence, I would like to request that we all put out a little more effort to raise Naval Hospital Orlando one notch higher. Let us show the skipper that we are as proud of him as he is of us.

G. ZEL
Acting